



10TH KYU ORANGE BELT REQUIREMENTS SHORINJI RYU KARATE –DO



TOTAL ATTENDANCE MINIMUM: 3 MONTHS & 24 CLASSES

To be eligible to take the final exam for this belt level you must learn and practice the skills listed below and pass a four stripe test. Remember that these are the minimum requirements for this level. They alone cannot determine skills or worthiness of a rank. Requirements also include all lower belt requirements with improved ability. Be sure to attend your class regularly and to use this sheet as a checklist to ensure progress.

Check the Calendar of Events for dates and times of stripe testing.

STRIPE #1: *REISHIKI (ETIQUETTE) & KIHON (BASIC TECHNIQUES)*

**** MANDATORY ATTENDANCE: 4 CLASSES ****

REISHIKI (ETIQUETTE):

- **Presentation Form**
- **Rank Certificate Reception**
- **How to Ask a Question During Class**—Raise Hand
- **How to Fix Uniform**—Turn & Face the Rear
- **Command When Sensei Enters**—Kiotsuke
- **Beginning Class Commands:**
 - * *Moksoh*
 - * *Yame*
 - * *Shomen Ni Rei*
 - * *Sensei Ni Rei/Yudansha Ni Rei*
- **Ending Class Commands:**
 - * *Moksoh*
 - * *Yame*
 - * *Sensei Ni Rei/Yudansha Ni Rei*
 - * *Shomen Ni Rei*
- **How to Enter Class Late:**
 - * *Bow onto Mat & Wait for Break in Class*
 - * *Yell "Sensei!" and Bow*
 - * *Ask Permission to Join Class*

KIHON (BASIC TECHNIQUES):

- **Horse Stance**—Kiba Dachi
- **Middle Outside Block**—Chudan Soto Ude Uke
- **Hammerfist Strike**—Tettsui Uchi
- **Knifehand Strike**—Shuto Uchi
- **Backfist Strike**—Uraken Uchi
- **Roundhouse Kick**—Mawashi Geri

FOOTWORK (FORWARD & BACKWARD):

- **Step**
- **Double Step**
- **Shuffle Step**

STRIPE #2: *KATA (FORMS)*

**** MANDATORY ATTENDANCE: 4 CLASSES ****

- **Taikyoku Shodan:** Demonstrate form with proper stances, power & rhythm. All punches chest level.
- **Taikyoku Nidan:** Demonstrate form with proper stances, power & rhythm. All punches head level.

SEE OTHER SIDE FOR INFORMATION ON STRIPE #3 & STRIPE #4





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STRIPE #3: KUMITE (SPARRING)

**** MANDATORY ATTENDANCE: 4 CLASSES ****

PRE-ARRANGED:

- **Ippon Kumite (One Step Sparring) #1-3**—Right Foot Back
 - * #1—Upper Rising Block, Reverse Punch
 - * #2—Middle Outside Block, Reverse Punch
- **Sanbon Kumite (Three Step Sparring) #1-2**—Right Foot Starts
 - * #1—Upper Rising Block (3 Times), Reverse Punch
 - * #2—Middle Outside Block (3 Times), Reverse Punch

STRATEGY (STILL WITH PARTNER):

- **SA (Single Attack)**
- **ABC (Attack By Combination)**
 - * Backfist Strike, Reverse Punch & Kick
 - * Roundhouse Kick & Backfist—Two Ways

STRIPE #4: SELF-DEFENSE

**** MANDATORY ATTENDANCE: 4 CLASSES ****

DEFEND AGAINST:

- **Front Bear Hug Under the Arms**—Stomp the Foot / Knee Strike / Clap the Ears
- **Front Bear Hug Over the Arms**—Hammerfist the Ribs / Push the Hips / Knee Strike / Tigermouth Strike
- **Rear Bear Hug Over or Under the Arms**—Stomp the Foot / Make Horse Stance & Raise Arms / Elbow Strikes

BREAKFALLS (Level #1—Sitting):

- Back Breakfall, Side Breakfall, Front Breakfall & Forward Roll

**NEXT STEP: SATURDAY BELT EXAM (CHECK CALENDAR OF EVENTS FOR DATE & TIME)
BE SURE TO COMPLETE WRITTEN EXAMINATION (IF REQUIRED) & INTENT TO PROMOTE SHEET
AND TURN THEM IN BEFORE EXAMINATION DAY.**

**FULL FORMAL UNIFORM (GI JACKET, PANTS & RANK BELT)
MUST BE WORN FOR ALL SATURDAY BELT EXAMS.**